

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

September 2010

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

Center will be closed
Monday,
September 6th

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

GUEST APPEARANCE: CONGRESSWOMAN ANNA ESHOO TO VISIT THE SENIOR CENTER

WHO will mark Social Security's 75th Anniversary right here at our Senior Center? Congresswoman Anna Eshoo! Don't miss your chance to join us for this very special session. Bring your questions about Social Security and Medicare. No need to sign up, just bring your friends & help us spread the word!

When: Wednesday, September 1 at 10:30 a.m.

Where: Social Hall

STEPPING STRONG WALKING PROGRAM

What can the power of two do for you? To what do I refer? Your own two feet! They take you here, there, everywhere! Now is your chance to learn about a supportive and fun walking club. Join Life Long Fitness Alliance volunteer Don Gladstone as he inspires you to get "STEPPING STRONG"! Happy body equals happy mind, so sign up today!

When: Thursday, September 16 at 10:00 a.m.

Where: Conference Room

INTRODUCTION TO THE COMPUTER

Would you like to learn how to use the computer? Join Monica Lipscomb as she conducts a beginner's overview of the PC. This workshop is perfect for those who have never used the computer or need more confidence with the computer. Sign up early as space will fill up quickly.



When: Thursday, September 23 at 1:30 p.m.

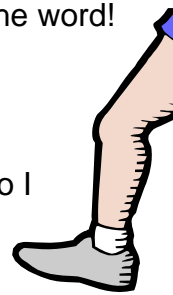
Where: Technology Room

ADVANCE HEALTH CARE DIRECTIVE: A SALA PRESENTATION

Do you know all the ins and outs of an "advance health care directive"? Understanding this topic will allow you to take steps towards sharing your healthcare preferences with your physician, friends and family. Join Beth Bonnet from SALA as she gives you an overview and answers your questions.

When: Thursday, September 30 at 1:00 p.m.

Where: TBA



WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov